



about listening to music, *any* music, and listening deeper and with more involvement than we normally do. It is a mix of analysis, history, introductions to music that might be unfamiliar, sharing of experiences, and much more. It's called **Entering Music: Five Gates to the Garden**, and if the title intrigues you, you might want to put alternate Wednesday evening aside to delve in. It begins March 11. More info here:

<http://www.royalroads.ca/continuing-studies/TAPA1707-Y08.htm>

~ Denis

## ADMIN TEAM NOTES

GLORIA

Thanks to all who came out for the *From The Heart* SWAT on Sunday afternoon. I felt so supported by you all and from all reports from various members of the audience (as well as from me) you sounded great. (see the message below from Diana Mitchell - one of the organizers)

Dear Gloria and Gettin' Higher Choir members  
who sang at the "From the Heart" fundraiser;

What a splendid job you did of raising everyone's feeling of doing something really good, last Sunday at St. Aidan's church hall. We couldn't have drawn so many people if you hadn't been on the billing, and once there, everyone just loved your performance. We both felt honoured by your presence, and as the primary organizers of this fundraising event, recognize how much you did to help us bring in \$5000.00 at the quilt sale/auction and bake sale.

People were tapping their toes, stomping their feet, clapping and singing along. Every face beamed. Afterwards, many, many people commented on what a joyous occasion February 8th was, and an afternoon well spent. The Stephen Lewis Foundation's Grandmothers to Grandmothers projects in Africa will benefit from this.

Please accept our heartfelt thanks, and know that we are among many who love to come to your full out events, but deeply appreciate those of you who gave so generously of your time and voices to help us out.

In friendship,

Diana Mitchell ~ Go Go Friends of Victoria  
~ and ~  
Donna Martin ~ Victoria Quilt Guild member

~ Gloria

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BILL

We're gonna sing, sing, sing  
We're gonna dance, dance, dance  
We're gonna sing, we're gonna dance....Hallelu!

Here we go again...Oh boy!...Oh boy!...Oh boy!

~ Bill

# Gettin' Higher Choir Info

## GHC NEWS & BUSINESS

GHC SPRING SEASON  
INFO TO PASS ON TO POTENTIAL SINGERS!

Our 18 week 2009 Spring season begins the week of February 16 with concerts featuring Valdy as our special guest on June 12th & 13th. We will take in new singers for the first two weeks of the session.

Our new singer intake dates for this session are:

Mondays (February 16 & 23)  
The First Unitarian Church of Victoria, 5575 West Saanich Rd.

Tuesdays (February 17 & 24) & Thursdays (February 19 & 22)  
The Church of Truth, 111 Superior St. (James Bay)

We meet from 7:30 to 9:30 each night and there will be New Singer Orientation sessions from 7:00 to 7:30 p.m. on each of the intake nights.'

## GHC SWAT SCHEDULE

Sing When Asked To

VOICES FOR SOCIAL JUSTICE SWAT

Together Against Poverty Society (TAPs) Benefit At The Belfry

Sunday March 1

Meet backstage at 2:40. We're on at 3:15. We're doing a full 45 minute set, with these songs:

Somewhere to Begin  
Honey in the Rock\*  
Woyaya  
Some Walls  
Devaluation  
Chain of Life  
Let Your Little Light Shine  
One Heart Beating (with Audience)  
Apache Honoring Song  
I Believe That Peace Will Come (with audience)  
Siyahamba  
We are the Ones (with audience)

(NOTE: the show starts at 2:00, Also performing are:, Louise Rose on piano, and Carla Funk (poet), and Daniel Lapp & Fiddle orchestra. We won't be in the theatre for the first half - (no room) - we'll be downstairs rehearsing.

Check out the poster at:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090301-taps-swat-poster.pdf>

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## FETAL ALCOHOL SYNDROME DISORDER (FASD) INTERNATIONAL CONFERENCE SWAT

Saturday March 14, early afternoon -  
Vic. Conference Centre

People attending from all over the world - health professionals, and families dealing with FASD.

Our job is to leave them with a sense of hope. We'll be singing:

\*Somewhere to Begin

\*How Could Anyone Ever Tell You

\*Come Sing a Song with ME (audience participation)

I Have Dream (a song by ABBA)

Listen to it at:

<http://www.youtube.com/watch?v=qFHbwikzNds>

Click here for words to the song:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090314-fasd-swat-songs.pdf>

We sing at 2:30.

Further details to come about when and where we gather.

## **GHC REGISTRATION INFORMATION**

### NEW SINGERS INTAKE

Between now and Feb. 26th we will be taking in new singers for this session. If you know anyone who would enjoy a Gettin' Higher singing experience bring, or send, them to check us out. As always there will be a half hour New Singer Orientation starting at 7:00 pm before the actual choir sessions (7:30 - 9:30) on each of the following evenings:

Mondays - Feb. 16th & 23rd

Unitarian Church, 5575 West Saanich Road (opposite the Red Barn)

Tuesdays - Feb. 17th & 24th and Thursdays - Feb. 19th & 26th

Church of Truth, 111 Superior Street (at St. Lawrence Street)

Feel free to bring, or send, anyone you know who is interested. They can also check us out in advance by visiting <http://www.gettinhigherchoir.ca>

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## REGISTRATION

The registration deadline is the end of choir on Thursday, Feb. 26th

### New Singers

Fill out the form provided at choir.

Returnees paying their fees at choir prior to the registration deadline

Just put your payment cheque(s) or cash envelope (clearly identified as yours) in my collection bag at choir and you will automatically be registered.

Please don't put your payment in an envelope unless it is cash. Cheques and notes (changes, queries, etc.) that are paper clipped together are much faster and easier to deal with than sealed envelopes.

Returnees who will be paying after the registration deadline

Be sure to register by phone (920-4160 - 8 a.m. to 8 p.m.), email ([bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca)) or a note in my collection bag before the deadline and specify what/how/when you will be making your payment.

The fees for the 18 week season are \$175 regular with a sliding scale down to \$130 for seniors, students and the un-waged. Payment plans can be arranged and scholarships are available as needed.

As always you are welcome to set your own payment plans. While we prefer that you do so with a series of post-dated cheques a list of cash payment dates is also OK. In either case the last payment is due by May 31.

For more information or to request any level of scholarship support please contact me by any of the above methods.

If your contact information, night or section is changed from the last session you attended please include that information with your registration.

~ Bill

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## VETERANS..."LOCATION" PLEASE!

Last season I started adding member's "Locations" to their choir records. If you are a returning veteran and you haven't previously given me your Location (or you have moved) please do so now. By email to [bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca), by phone 250-920-4160 (8 a.m. to 8 p.m.), with your registration payment or in a note dropped into my collection bag.

Having this information available has potential value from an administrative perspective and I would like to have it in your records for that reason alone. Beyond that it can be included in the "Current Members Contact List" (that goes out by email around the 4th week of the season) to enable us to contact each other according to the areas in which we live when that proves desirable. (car pooling, shared practicing, choir neighbor socializing, etc.)

We don't need mailing addresses but we would like to know your:

Municipality: ?????

Neighbourhood / Intersection: ?????

(If you don't know a name for your neighborhood please give me the closest major intersection)

If you wish you can specify "For Admin Use Only" and it won't be included on the "Current Members Contact List."

If, for any reason, you don't want to provide this information at all please let me know so that I don't contact you later with a request for it.

~ Bill

## **GHC CONCERT FOLLOW-UP**

### REHEARSAL & CONCERT PHOTOS

Links to Andrew's photo's of our Heartwoven rehearsal and concerts are now available on our site's Choir Photos page at:

<http://www.gettinhigherchoir.ca/community-info/choir-photos.html>

If you tried to visit that page recently and found that the links to our past concerts weren't working go back and try them again now. Most of them are working again. Andrew has been making changes to his web site and they were temporarily unavailable. We are in the process of getting them all re-linked.

~ Bill

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### SOMETHING TO SAY ABOUT THE CONCERT?

If you tried to leave a comment just after the concert and the system wasn't working properly try again now!

Comments on the concert, whether on your experience of singing, or your guests experience in the audience, can be submitted to the choir website, by clicking on:

Concerts

Past Concerts

Read or post comments about this concert

We look forward to reading about your thoughts and feelings about the experience plus feedback from your guests.

## HNC NEWS & BUSINESS

As always - we are still welcoming new singers join us. With several weeks left in this session - if you or anyone you know would like to come and try us on - you (or they) are encouraged to do it.

This session runs from January 6 to March 24 and an new 12 week session will start the following week (March 31)

Check it out on the <http://www.gettinhigherchoir.ca> website. Go to the About tab and then click on High Noon Choir.

See you there.

Shivon and Gloria

\*\*\*\*\* QUOTE BREAK \*\*\*\*\*

We are members of one great body, planted by nature  
in a mutual love and fitted for a social life. We must  
consider that we were born for the good of the whole.

Seneca

Submitted by Patricia Houston GHC Alto

<http://www.imagi-nation.com/moonstruck/clsc50.html>  
[http://en.wikipedia.org/wiki/Seneca\\_the\\_Younger](http://en.wikipedia.org/wiki/Seneca_the_Younger)

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## COMMUNITY MEMBER'S SUBMISSIONS

Any time you want to support a choir community member's offering that includes a link to a poster, flyer or brochure it is easy to pass on the link to your contacts or to print copies to post on home, local or work bulletin boards.

## APPRECIATIONS

CONGRATULATIONS...

...to Shivon & Denis on their Heartwoven performance that was heart warming and I so enjoyed being a spectator. The choir was amazing and the guests were superb, I thought the children were an added feature that wove a tapestry to unite the young and old and there was such a wonderful flow to the whole performance. Bob Bossin was so entertaining along with Calvin Cairn and there was magic with the choir providing a harmonious background that bound their songs. Well done!

Submitted by Jean Anderson GHC Tuesday Soprano

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## A CONCERT ACCOLADE

I was at your concert last Sunday and it was amazing! My two friends and I loved every second of it. You guys are awesome! Congratulations!!

Submitted by June Swadron former GHC Alto

## OPPORTUNITIES TO SING!!!

### DEBORAH MILLAR'S 2009 VOICE WORKSHOPS

Not everyone is able to commit to private lessons and Deborah has created this series of semi-private workshops in the hope that it will meet the needs of this category of people. Working in a small group is a wonderful way to learn.

For more information about these workshops click on:

<http://www.gettinhigherchoir.ca/community-info/singing/voice-training/deborah-millar-voice-workshops.pdf>

Because there is a limited enrollment (maximum ten people), registration needs to be confirmed ASAP.

For answers to your questions, or to register, please email [deborah@theauthenticvoice.ca](mailto:deborah@theauthenticvoice.ca) or call 250-382 1232.

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### THE HARMONIOUS FAMILY CHOIR ~ VICTORIA

A new choir is born. The Harmonious Family Choir is a “no-audition” singing community based on the GHC model that welcomes all individuals and family groups.

The choir is directed by:

Doug Paterson...GHC Bass, CCLT grad, Dance Caller and music educator  
Susan Russel...music educator and founding director of Musicalia

Our songs are multi-generational...multi-cultural...some old...some new sung in unison, rounds and multi-part harmonies. We also include some...body percussion... musical games...and anything else that creates fun for our family of singing families.

We invite singers at any level of age, skill and experience to come and nourish their spirits with songs of hope and harmony.

For details please visit:

<http://www.harmoniousfamilychoir.com>

To assist us in “Sharing The Harmony” by passing the word to potential singers please visit:

<http://www.harmoniousfamilychoir.com/share-the-harmony.html>

Submitted by Doug Paterson CCLT 5 & Bill Hanson GHC Bass etc.

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#### COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Heartbeat Music Circle	(Feb 15)
Taize Service	(Feb 20)
Singing For Joy Choral Workshop	(Feb 21)
Lift Up Your Voice	(Feb 28)
Upcoming Workshops With Laurel Murphy	(Mar 6)

For details on the above “Opportunities To Sing” see the full items in the Community Events section below

## WORD OF MOUTH / RECOMMENDATIONS

LIFT UP YOUR VOICE (Feb 28 & Mar 1)

A weekend choral workshop with Brian Tate in Gospel and World music

\$50

Saturday, February 28th (afternoon) at Cadboro Bay United, and Sunday, March 1st (afternoon), ending with a concert at First Met United Church.

You will find details on the website

<http://www.cadbayuc.org/choralworkshop/index.html>

Recommended by Shivon

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A SMALL REQUEST

This is the cutest...

<http://www.gettinhigherchoir.ca/community-info/pdftemp/a-small-request.pdf>

Recommended by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

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THE AGE OF AQUARIUS

The age of Aquarius might be just around the corner . . .

<http://www.gettinhigherchoir.ca/community-info/pdftemp/aquarius.pdf>

Hear the 5th Dimension sing about it...

<http://www.youtube.com/watch?v=toshchjuXR4>

Recommended by McKeen Daphne GHC Tenor

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## HERDING CATS

I'm just sitting here chuckling because of a YouTube link a friend sent me re herding cats. Now there's a REAL job. Harmonious? I think not!!

For a day brightener, have a look at this:

<http://www.youtube.com/watch?v=Pk7yqITMvp8>

Wishing you all a puurrrfect day,

Recommended by Arlene Antonik GHC Monday Soprano

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## SILLY DOGS

<http://www.gettinhigherchoir.ca/community-info/pdftemp/silly-dogs.pdf>

Recommended by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

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## A GOOD START ON THE DAY

Some recommended morning exercises.

<http://www.gettinhigherchoir.ca/community-info/video/morning-exercises.wmv>

Hey, if he can do it at his tender years why not us?

Recommended by Bill Hanson GHC Bass etc.

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## WATER USAGE MYSTERY

Jennifer and Jim kept getting huge water bills. They knew beyond a doubt that the bills weren't representative of their actual usage, and no matter how they tried to conserve, the high bills continued. Although they could see nothing wrong, they had everything checked for leaks or problems: the water meter, outdoor pipes, indoor pipes, underground pipes, faucets, toilets, washer, ice maker, etc., all to no avail.

One day Jim was sick and stayed home in bed, but kept hearing water running downstairs. He finally got out of his sick bed to investigate, and stumbled onto the cause of the bills. Apparently this was happening all day long when they were not at home.

Knowing that few would believe him, he taped a segment of the 'problem' for posterity:

Watch the movie clip!

<http://www.gettinhigherchoir.ca/community-info/video/water-leak.wmv>

Recommended by Jean Jenkins GHC Thursday Soprano

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PLAYING FOR CHANGE:

Song Around the World "Stand By Me"

<http://www.youtube.com/watch?v=Us-TVg40ExM>

Recommended by: Lorraine Huntley High Noon Choir Tenor

Editor's Note

This is the 3rd or 4th time that someone has submitted a recommendation on this video but it is definitely worth repeating.

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THE MAYONNAISE JAR AND TWO BEERS

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 Beers.

<http://www.gettinhigherchoir.ca/community-info/video/mayonnaise-2beers.wmv>

Submitted by Audrey Glynn GHC Soprano

\*\*\*\*\* **QUOTE BREAK** \*\*\*\*\*

To play it safe is not to play.

Robert Altman, Filmmaker

Editor's Collection

<http://www.geocities.com/~cheshyre/altman.htm>

[http://en.wikipedia.org/wiki/Robert\\_Altman](http://en.wikipedia.org/wiki/Robert_Altman)

<http://www.imdb.com/name/nm0000265/>

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## COMMUNITY NETWORKING

DO YOU WANT TO CRUISE!

I've just booked a cabin on a Caribbean cruise and I'm looking for someone to share my room. It's a 7 day cruise leaving San Juan, Puerto Rico on March 7 and returning Mar 14.

I know two other wonderful women that are going on this cruise, too. It would be wonderful for me to have another friend on this trip of a lifetime for me and be cost effective for you as well. NOT to mention the FUN and wonderful experiences.

Arrangements can be made to join the cruise right up to 48 hours before it departs.

If you are interested please contact me.  
Email: marylou.hess@hotmail.com OR  
Phone: 250 590 2993

Submitted by Mary Lou Hess HNC soprano & CCLT 4 - 2007/8

## **SERVING EACH OTHER**

*REIKI, CHERRY BLOSSOMS &  
CULTURAL SACRED JOURNEY TO KYOTO, JAPAN*

*April 7-22, 2009 - with Hyakuten Inamoto Sensei ~ Buddhist Monk & Reiki Master/Teacher*

Experience the beauty of the Magnificent Cherry Blossoms.

Non-Reiki partners also welcome - Includes all meals, accommodation, tourist activities & cultural events and ceremonies, entrance fees, our own private transportation, admissions to all temples and shrines Hyakuten Sensei English Speaking Buddhist Monk Reiki Master & Hiromi Sensei English Speaking Shinto Priest - Single or Double Accommodation Same Price- All inclusive - Group Flight Rate Secured - contact Catherine Harvey [reikivictoria@gmail.com](mailto:reikivictoria@gmail.com) 250-298-8191

Submitted by: Catherine Harvey former GHC Tuesday Alto

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### **"YOUR CHOICE" CUSTOM COMPILATION CDs**

A unique service for people who would like to put their favourite music on a CD but don't know how, or are too busy, to do it themselves.

Jazz, classical, rock, pop, blues, etc...oldies...newies...give me a list of favourites titles that you would like to have on a CD. I'll find them, and buy them, on the internet (iTunes, MP3 Fiesta, etc.) and then burn them onto a CD you can add to your personal collection or give as a special gift.

I can also create custom CD labels and jewel case covers.

Your custom CD will cost between \$20 and \$35 (not including labels or covers) depending on how much the tracks cost to download and how much time I have to put into finding them.

Submitted by: Bill Hanson, GHC Bass etc.

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### **COMPUTERS AND MORE....**

Media Integration.

Have your computer talk to your stereo, and your television.

Shopping consultation.

Let me help you find the right stuff(and price) for your needs.  
Sound systems,desktop and laptop computers,video systems etc.

Outstanding vintage speakers a specialty.

Computer repairs.

Windows Vista and XP. Mac OSX

Internal and system cleaning, and optimization

Viral Infections, Data Recovery,Upgrades

Set-up and basic tutoring

Hardware and Software problems

Free Estimates

Introduction to streaming audio/podcasts and Online Video

Get the most out of your multimedia experience.

\$30 Hour at your home/office

Discounts for seniors/students/unemployed.

Matt Hutton GHC Lighting guy and Gloria's son

mattinvic@gmail.com 250-418-1322.

Submitted by Gloria Hansen,GHC and HNC Tenor

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## NIA CLASSES

(ongoing; start anytime; beginners welcome; all classes one hour)

Nia is an expressive movement form and lifestyle practice that uses the body's way to achieve physical, mental, emotional and spiritual well-being. Let Nia tap your inner warrior, dancer and healer. Nia embraces concepts from Martial Arts, Dance Arts, Yoga and more. All ages, body types and fitness levels. It's like chocolate--you have to taste it!

Monday/Wednesday/Friday @ 5:15 PM

Tuesday/Thursday @ 9:30 AM

Ukrainian Catholic Church of St. Nicholas

1110 Caledonia @ Cook Street

Free Parking; double doors at parking lot to Hall.

\$15 drop in or register for 9 week session: \$108 1x/wk to \$230 3x/wk

<http://www.niac.ca> for info, retreat days, other classes with Karen

[karenia@shaw.ca](mailto:karenia@shaw.ca)

250 478 1076

Submitted by Karen Boissonneault, Soprano, High Noon Choir

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## REIKI MASTER/TEACHER WORKSHOP

Victoria-March 21, 22, 23, 2009 (Sat.Sun.Mon) - Sleeping Dog Farm

International House of Reiki-Australia - 3day Reiki Master/Teacher Workshop, Reiki as a Spiritual Practice from a Japanese Perspective for Reiki Master/Teachers/Practitioners & Level 2 Reiki, Certification permitting you to teach and initiate into the Reiki Branch called Usui Reiki Ryoho

March 20, 7-9pm, Public Presentation, Everyone welcome "The Japanese Art of Reiki" including Q & A ~ \$15

Info contact Catherine Harvey [reikivictoria@gmail.com](mailto:reikivictoria@gmail.com) 250-298-8191 [www.reiki.net.au](http://www.reiki.net.au)

Submitted by: Catherine Harvey former GHC Tuesday Alto

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## HOT STONE MASSAGE THERAPY VALENTINE'S HALF PRICE SPECIAL

I have recently added Hot Stone Massage Therapy to my other healing arts and am offering a 1/2 price special to the Community before I'm too busy with B&B...

Valentine's Half Price Special  
Hot Stone Massage \$54.00 for 1 /2 hr. treatment

Call Bonnie Hardy 250 360-1449  
Government Street Clinic in James Bay

Offer good 'til February 28th  
Payment Options: Visa, Master Card, cheque...

Bonnie Hardy 250 360-1449:  
Registered Jin Shin Do® Acupressure Therapist,  
Hot Stone Massage Therapist

Submitted by Bonnie Hardy former GHC Tenor

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## CAT SITTING

Former GHC Alto available to look after your kitty while you are away - my home or yours. I do in-home visits (either one or two 1-hour visits per day) . Although I do not stay at your place, I provide the other popular option of a 'cat vacation' in my home, either short or long-term. Your cat would avoid the stress of a kennel, and receive lots of tender, loving care. My approach is a holistic one, and I have many satisfied customers.

Submitted by Bernadine Sperling

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## COMPUTER SERVICES

Reasonable rates. Very thorough, with 8 years experience.

Virus removal, cleaning and general maintenance.  
Learn how to better protect your computer, against phishing, viruses and hackers.

All Issue diagnosis, Re-installations, Hardware & Memory upgrades, Consultations, etc. Windows XP, Mac OSX. I am also a Linux expert.

Sales of New and rebuilt computers.

Pickup and drop-off service: 1711 Coronation Ave.  
call: 250-472-0530 or email: [wakefieldcomputers@shaw.ca](mailto:wakefieldcomputers@shaw.ca)

Submitted by: Thomas Wakefield, Soundings Baritone.

## **EMPLOYMENT AVAILABLE OR WANTED**

### EARTH FRIENDLY CLEANING/DECLUTTERING

My daughter would like to start her own cleaning business. I think she has something very good to offer and would appreciate your support. Thanks!

Experienced, enthusiastic cleaner looking to build clientele. I utilise a combination of natural cleaning products, microfiber cloths, intuition and muscle as well as attention to detail, kindness towards the space I am working in and a communicative relationship with my clients to provide a gentle and effective result. I will approach your unique environment with fresh eyes and a positive attitude, listen to your needs and provide the support necessary to help refresh the space according to your wishes. I am also available to undertake decluttering/organization or simple redecoration projects.

Friday and Saturday through February/March, will be away for April and then full time availability starting in May.

\$25/hr minimum 2 hours  
\$20/hr 4+ hours

Gabrielle (250) 813-3245

Submitted by Yves Parizeau (Monday tenor)

## **ACCOMMODATION AVAILABLE OR WANTED**

### ACCOMMODATION AVAILABLE

I'm looking for someone to share my spacious 2 bedroom apartment for a month or two starting any time after Feb.15. Ideally located on Dallas Rd in the heart of James Bay. Bus routes close by; 15 min. walk to downtown. Includes private 4 pc. bath, wireless high speed internet. There's a sauna, swimming pool and exercise room in the building. \$600/mo.

Contact Mary Lou Hess: [marylou.hess@hotmail.com](mailto:marylou.hess@hotmail.com) OR 250 590 2993.

Submitted by Mary Lou Hess HNC soprano & CCLT 4 - 2007/8

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BEAUTIFUL FULLY FURNISHED OCEAN FRONT  
1 BDRM APARTMENT FOR RENT IN JAMES BAY VICTORIA

April, May and Nov, Dec 2009 and Jan, Feb, March 2010 - Overlooking the Ocean and Mountains on Dallas Rd - Beautiful sunrise, sunsets and oceanfront walks - 5 minutes to Downtown Victoria/Inner Harbour - Peaceful, Spiritual & Serene - includes all utilities/phone/internet/cable/heat/hydro/parking -\$1500 month - Car negotiable

Contact: Catherine at 298-8191 or [reikivictoria@gmail.com](mailto:reikivictoria@gmail.com)

Submitted by Catherine Harvey former GHC Tuesday Alto

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APRIL SUBLET - \$650

Furnished, 1 bedroom apartment available to sublet. Upstairs of a character house, quiet street but really close to Quadra Village/downtown, lots of light/space, wood and lino floors, a nice back balcony and a huge yard. Indoor bike storage. Free laundry. I am looking for someone who will take care and love my sweet indoor kitty as well as water my plants when they need it. Landlord lives downstairs, is very quiet and respectful. This is for one person only to be living here, guests are fine.

Rent is \$650 and includes everything. I would like a deposit of \$325 by March 15th. Thanks Gabrielle (250) 813-3245

Submitted by Yves Parizeau (Monday tenor)

\*\*\*\*\* QUOTE BREAK \*\*\*\*\*

It is following the line of least resistance that makes men  
and rivers crooked.

Unknown

Editor's Collection

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**COMMUNITY EVENTS ~ THIS WEEKEND TO NEXT**

We encourage you to support the activities of other choir community members by emailing copies of any item to any of your contacts that you think would be interested.

INVITING YOU TO LOOK (now to Feb 28)

A regional visual arts exhibit and sale

At The Bay Centre, Suite #303, 3rd floor, near the elevator

February 7 to 28th, 2009

Daily 12 noon - 5, Friday to 8 p.m.

A photograph on canvas, "Ross Bay Angel" by Katrina Pavlovsky is part of the exhibit.

Hope you will attend.

Kindest regards,

Submitted by Katrina Pavlovsky, Photographic Artist & GHC Soprano

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BRIAN SWIMME'S,  
*POWERS OF THE UNIVERSE*, DVD SERIES (Now to Mar 23)

With Gertie Jocksch, SC DMin

Swimme explores the powers that have been active since the beginning of time and are available to you.

Mondays ~ Jan. 12 – Mar. 23(1:00 – 3:00 pm)  
Location: Friend's Meeting House 1831 Fern Street, Victoria

\$90.00 series or \$10.00 drop in, 11 wks.

To register: 250-220-4601 or 250-380-9786 or [earthliteracies@gmail.com](mailto:earthliteracies@gmail.com)

Submitted by Gertie Jocksch Monday Soprano

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NATHANIEL DETT CHORALE CONCERTS (Feb 13 & 14)

My son Lucas, who lives in Toronto, is 1 of 21 professional singers who make up the Nathaniel Dett Chorale, a multicultural choir that performs afrocentric music in all musical genres. They have just returned to Toronto after performing at Obama's presidential inauguration celebrations as "Canada's gift" to the United States. During February, they are making a rare tour of Western Canada and although they will not be performing in Victoria, they will be performing on Saltspring Island on Friday evening, February 13th at the Artspring Theatre and on Saturday evening, February 14th at the Port Theatre. (seating at the Port Theatre is already limited)

Having heard them perform in Toronto, I know these will be musically inspiring concerts and would be well worth the trip to see.

For more information about the choir visit their website at [www.nathanieldettchorale.org](http://www.nathanieldettchorale.org)

Submitted by: Debbie Marchand, Thursday Alto

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'A DREAM IS A WISH YOUR HEART MAKES' (Feb. 13 to 15)

A Drawing From Dreams Workshop

Feb. 13th eve. Feb.14th. and 15th. mornings.  
Plus three Dream Circle instructions to follow.

Learn to translate your heart dreams by Creating your Personal Dream Dictionary, Programing for Dream recall and Drawing images of the dream.

Ann-Rosemary Conway BFA has given Tools for Recreating Your Life through the study of Personal Symbolism since 1979.

Fee includes Art Supplies: \$125. Deposit required. Limited registration 250-658-8770.

Submitted by: Ann-Rosemary GHC Tuesday Alto

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SLIDING INTO LOVE! (Feb 14)

Saturday Feb 14 Valentine's at 8:00 Love and Trombones! Featuring local trombonists Ian Mcdougall and Scott MacInnes, as well as David Enns, Robert Fraser, Marcus Hissen, Megan Hodge, Ross Macdonald, Nick La Rivière, and Mark Wilson.

<http://www.mactrombone.com/events.html>

What could be more romantic than an evening of SLIDE trombone music?

[Metro Studio](#) (Corner of Quadra and Pandora)  
\$12 Students/\$15 Adults  
8:00pm

Submitted by Greg La Riviere Soundings & former GHC Bass

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NAVIGATE MIDLIFE - STEP INTO JOY (Feb 14 & 21)  
Co-Facilitated by Victoria Zajchowski & Deborah Russell

Step into the richness of growth and discovery using two powerful tools – Myers-Briggs Type Indicator ® and Conscious Creation. Spark your inner wisdom and create positive change through carefully chosen activities, exercises and techniques.

Where: In beautiful Curteis Point,  
5 minutes from the Swartz Bay Ferry Terminal, North Saanich

When:\*\*Saturday, February 14<sup>th</sup>  
10:00 a.m. – 3:30 p.m. and  
Saturday, February 21<sup>st</sup>  
10:00 a.m. – 4:00 p.m.

Fee: \$195.00

For more information see our brochure:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/navigate.pdf>

Submitted on behalf of Victoria & Deborah by Bill Hanson GHC Bass etc.

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VIVA-RAW VEGAN RAW POTLUCK  
WITH STEPHEN COCHRANE (Feb 15)

Join us for a potluck of delicious raw vegan foods and an informative talk "Securing And Enhancing Your Living Food Journey For Life" by Stephen Cochrane, 20 year Rawist at the Esquimalt Recreation Centre, 527 Fraser St (Senior's Centre). Doors open at 5:30 p.m. (Potluck sharing at 6:00 p.m.). Bring a raw vegan dish to serve 6-8 and ingredient list, plus your own serving utensil(s), dishes and cutlery. Cost: \$3.00 per adult. Bring your family and friends. Children welcome but must be supervised.

Recipes & Info: <http://viva-raw.seedwiki.com>. or Turiya at (250) (250) 721-0268

Submitted by: Linda Chan, GHC Soprano

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JAZZ VESPERS  
THE NICK LA RIVIÈRE QUARTET (Feb 15)

A Musical Offering - Jazz Vespers at the Church of The Advent. Back by popular demand: The Nick La Rivière Quartet this Sunday February 15th at 7:00 PM. The church is across Sooke road from Royal Roads 510 Mount View Avenue (off Sooke Road behind the Shell Station)  
<http://www.colwoodanglican.ca/jazzvespers/2009/FINAL%20Poster%20Winter%20%202009.pdf>

Submitted by (proud Poppa) Greg La Riviere Soundings & former GHC Bass

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HEARTBEAT MUSIC CIRCLE (Feb 15, Mar 29, Apr 26 & May 31)

*Sidney, BC*

Director:  
Julie "Jewel" Spooner, CCLT 3 - 2006/7

We gather on:  
Sunday Feb.15th. March 29th, April 26th, May 31.

Time:  
1:30-3:00

Place:  
the Yoga Studio, (above Theo's)  
9818 Fifth Street, Sidney, B.C.

Cost:  
by donation

Dress:  
casual

'Be' with music chant, folk, rounds, African. Drums welcome.

[juliespoon@shaw.ca](mailto:juliespoon@shaw.ca) | (250) 656-1047

Namaste

Submitted by Julie Spooner CCLT 3 - 2006/7

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FREE PRESENTATION  
AND DEMONSTATION OF BODYTALK! (Feb 18)

(served with tea and goodies)

I am hosting these fun, informative evenings every month at my home/office. Come and hear about BodyTalk and some of the fascinating science that explains why this system of health care is so effective. I will do free demo sessions for anyone who is new to BodyTalk, answer questions and teach one of the most essential BodyTalk techniques to everyone. Tell your friends or bring them along. All are welcome (but space is limited)... 250-388-7905 for info.

This month's only meeting will be on February 18th, so mark your calendar and I hope to see you there.

Submitted by Jill Kirby, Soundings Soprano and former GHC Soprano

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SHIFTING THE  
CONSCIOUSNESS OF DEPRESSION (Feb 18)

With Dr. Carol Douglas, Holistic Psychiatrist

Depression is an illness that permeates body, mind and soul. It can bring its gifts when the time is ripe and the one who has been suffering is open to a change in consciousness. In this series, the focus will be on how consciousness shifts, how this applies to depression and how meditation can serve as a tool in this process. This will be a witnessing of other's experiences rather than an interactive verbal exchange.

Oneness Wednesdays – Church of Truth, 7 pm Free or by donation. Information: Linda (250) 380-6383 or <http://cot.seedwiki.com>

Submitted by Linda Chan, Tuesday Soprano

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TAIZE SERVICE (Feb 20)

The next Taize service will be on Friday, February 20 at Fairfield United Church at the corner of Fairfield & Moss from 6 to 7 PM. For extra singing practice come at 5:30 and join the group that leads the congregation.

Submitted by Anne Forester, Monday Soprano

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10th ANNUAL CAMBODIA BENEFIT CONCERT (Feb 20)

Friday, February 20<sup>nd</sup> at 7:30pm in the Phillip T. Young Recital Hall at the School of Music (MacLaurin Building) at UVic. Concert will include Jazz, Classical, Ragtime, World Music and more. Among the performers are: singers: Chantavoutt Hy (a young tenor from Cambodia), Emily

Braden, Louise Rose, the Viva West Shore Choir directed by Connie Foss More; and pianists Allison Cortens and Arne Sahlén. Tickets (\$15/\$12) are available at the door.

This concert is part of a major Cambodia Support Group campaign to provide support for Khmer (Cambodian) Women's Voice Centre. KWVC gives direct support to women and families, and provides shelter and school fees to young people in need. More information at [www.cambodiacsg.org](http://www.cambodiacsg.org)

Submitted by Pat Robertson, HNC Alto, CCLT 5 - 2008/9

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#### SINGING FOR JOY CHORAL WORKSHOP (Feb 21)

This year's workshop is "Singing for Joy" with Kathryn Nicholson and Diane Lines, at the Unitarian Church, 5575 West Saanich Road, on Saturday, Feb. 21, 9:30 a.m. to 4:30 p.m.

Workshop Schedule

<http://www.gettinhigherchoir.ca/community-info/pdftemp/singing-for-joy-program09.pdf>

Registration Form

<http://www.gettinhigherchoir.ca/community-info/pdftemp/singing-for-joy-registration09.pdf>

\$40 includes lunch and snacks.

Space is limited.

Thanks,

Submitted by Mike Graham Tuesday Bass

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#### PRACTICAL DIGITAL PHOTOGRAPHY AT SIMPLY COMPUTING (Feb 22)

Classes start Sunday, March 1, 2009, 10:00 a.m., Simply Computing, 2639 Quadra St.

Early bird: \$380 (till February 14)

8 weeks, 22 hours, maximum 8 students

For More Information Visit:

<http://www.goingdigital.ca/schedules.html>

and call: 250 884-4012 to book your space

Submitted by Andrzej Kielbowicz, choir photographer and former GHC Bass

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#### "BECOMING A SPIRITUAL OMNIVERT " (Feb 22)

*Are you an extrovert or an introvert? Research indicates that each inclination uses different parts of the brain. Each inclination responds to spiritual practice differently. As part of her research findings, outlined in her new book, "Spirituality for Extroverts (and tips for those who love them)", Nancy Reeves discovered that a number of her research participants had become omniverts, able to use more of their brains and have a multi-faceted spirituality.*

*Dr. Nancy C Reeves is a clinical psychologist, psychotherapist, spiritual director, best-selling author, and published poet. She works extensively in the areas of trauma, grief, loss and transformation and spiritual discernment. Nancy is an adjunct faculty member at the University of Victoria.*

*Capital Unitarian Universalist Congregation Sunday 10am service, 234 Menzies St (New Horizons)*

*Submitted by: Jackie MacDonald, GHC Tuesday, Soprano*

## **COMMUNITY EVENTS – COMING WEEKS**

We encourage you to support the activities of other choir community members by emailing copies of any item to any of your contacts that you think would be interested.

### **SURRENDERING TO INNER PEACE (Feb 25)**

With Cedona Holly, Ordained Minister / Spiritual Counsellor.

This session will be an invitation to let go of our day to day reality and to surrender to the peace which lies just beneath all activity of mind. We will soften, relax, and soften some more. Cedona Holly will take us on a journey of inner surrender and will share a variety of meditation techniques to help us let go.

Oneness Wednesdays – Church of Truth, 7 pm. Free or by donation. Information: Linda (250) 380-6383 or <http://cot.seedwiki.com>

Submitted by Linda Chan, Tuesday Soprano

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### **THE SOMATIC DREAMING BODY (Feb 25, Mar 4 & Mar 11)**

ongoing class series

ProcessWork Dreambody: Our somatic wisdom through our sensations, symptoms, and body movements foster inspiration; creativity; challenge; conviviality; and commitment for our life journeys.

We'll work with body dreams, earth dreams, community dreams.

Feb 25, March 4 and March 11  
\$35/each or 3 for \$90

queries/registration/flyers ~ contact us at  
250.383.5677

experienced counsellors, educators, consultants

<http://www.comacommunication.com> (to get a sense of some of what we love)

Submitted by Ann Jacob and Stan Tomandl (choir members in our hearts - Alto/Bass)

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STV IS NOT A DISEASE; WHAT IS IT? (Feb 26)

B.C.-STV Public Information Meeting

Thursday, Feb. 26 ~ 7:30 p.m.

St. John's United Church 10990 West Saanich Road (across from Deep Cove School)

Come, learn about STV (Single Transferable Vote) in time for the *B.C. Electoral Reform Referendum May 12*

Speakers: Wendy Bergerud, President, Victoria Chapter of *Fair Vote Canada*  
Diana Byford, Member of [Citizens Assembly](#)

For information call: Jack Thornburgh, 250-665-6314, [jvthorn@shaw.ca](mailto:jvthorn@shaw.ca)

Submitted by Eva Kerr GHC Monday Alto

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CLIENT ATTRACTION MARKETING WORKSHOP (Feb 27 - Mar 1)

For Healing Arts Therapists, Practitioners and Personal Coaches

Learn simple and effective marketing tools, uncover the biggest mistakes practitioners make, and identify and remove limiting beliefs, resistance, and fears that hold you back from success.

Client Attraction Marketing Workshop - February 27 - March 1.

Brentwood Bay Lodge & Spa

\$375 - Early Registration - (before Feb 15) \$399 thereafter

Come to the free Introductory Workshop to meet us and learn the 3 most important things you need to know to attract more clients!

February 9th, 7 -9 pm  
Howard Johnson Hotel  
310 Gorge Rd. E (RSVP please)

<http://successorientations.com/moreclients> . Or phone us at 250-857-7619

Submitted by: Sheila Sakiyama. Hibernating Monday Alto

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LIFT UP YOUR VOICE (Feb 28 & Mar 1)

A weekend choral workshop with Brian Tate in Gospel and World music

\$50

Saturday, February 28th (afternoon) at Cadboro Bay United, and Sunday, March 1st (afternoon), ending with a concert at First Met United Church.

You will find details on the website

<http://www.cadbayuc.org/choralworkshop/index.html>

Submitted by Shivon

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Last chance to see  
CORKY EVANS SPEAK (Mar 1)  
on Vancouver Island

Come hear one of BC's most knowledgeable and entertaining farm advocates in a farewell address on Food Security. Experience Corky's passion and commitment to the people and places that sustain us in our province.

When: Sunday, March 1 from 7 - 9:30 pm

Where: Cedar Hill Municipal Golf Course  
1400 Derby Road, Victoria

Corky will be speaking about food, farms, lands and BC's farmers.

Tickets \$75 (includes \$55 tax receipt)

For ticket information visit [www.obghnewdemocrats.ca](http://www.obghnewdemocrats.ca)

For information call Amber at 250-893-7376

Find us on facebook at <http://www.facebook.com/event.php?eid=65393981712>

Pass it on!

Submitted by Chris McLaren former GHC Thursday Alto

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CELEBRATE THE RETURNING LIGHT (Mar 1)

The Radha Yoga Centre invites you to Celebrate the Returning Light, Sunday March 1st, 10 am to 1 pm, 2530 Fernwood between Bay and Haultain, second floor. Suggested Donation: \$15.

As the light of late winter brightens and grows, how can we strengthen and reflect a growing inner light in ourselves?

Take time to immerse yourself in the light, with the Divine Light Invocation practice and visualizations. For beginning and experienced students.

To register or for more information please email [yoga@radhavictoria.ca](mailto:yoga@radhavictoria.ca) or call Karin at 250-385-8802

[www.radhavictoria.ca](http://www.radhavictoria.ca)

Submitted by: Patricia Hurdle & Susan Smith, GHC Sopranos

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TALK ON BOLIVIA AND VENEZUELA: (Mar 4)

If you are interested in finding more about my trip to Bolivia and Venezuela, I will be giving a talk about it on Wednesday, March 4, 7 to 9 pm, at UVic and the following week, on Wednesday the 11th, at Dunsmuir Lodge in Saanichton. For more info, check the UVic Continuing Studies catalogue (January-August 2009) on page 32. You can also go on line at [www.continuingstudies.uvic.ca](http://www.continuingstudies.uvic.ca) and register as well. Thanks.

Submitted by Yves Parizeau, Monday tenor

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#### MENTAL HEALTH FIRST AID (Mar 4)

How to understand, deal with and protect vulnerable adults with mental illness

Our dynamic speaker, Seia Roots, is a public educator with the Community Education and Training department at the Vancouver-Burnaby branch of the Canadian Mental Health Association. Seia spent over ten years struggling with mental illness and psychiatric hospitalization. She has experienced the difference education, awareness and action can make in decreasing stigma around mental illness.

Wednesday, March 4, 2009, 1:00 – 3:00

At the Greater Victoria Public Library Nellie McClung Branch  
3950 Cedar Hill Road (corner McKenzie)

Refreshments served

Free Admission ~ Registration Required

E-mail [cmnrosa@hotmail.com](mailto:cmnrosa@hotmail.com) or call 250-665-7788

Submitted, his wife Rosa Goldstein, by: cHumi Goldstein former GHC & Soundings Bass

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#### DIGITAL PHOTOGRAPHY TRAINING AT THE LIBRARY (Mar 6)

Classes start Friday, March 6, 2009, 6:00 p.m., Public Library, Nellie McClung Branch, 3950 Cedar Hill Rd.

Early bird: \$380 (till February 14)

8 weeks, 22 hours, maximum 8 students

For More Information Visit:

<http://www.goingdigital.ca/schedules.html>

and call: 250 884-4012 to book your space

Submitted by Andrzej Kielbowicz, choir photographer and former GHC Bass

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UPCOMING WORKSHOPS  
WITH LAUREL MURPHY (start dates Mar 6, 14 & 17)

Laurel is a long-time, advanced student of Rhiannon

*Soul Songs*

Mar 6, 7 & 8 on Mayne Island:

An intimate weekend retreat (max 6 participants) exploring presence, writing and authentic song

*Singing On The Edge*

Mar 14 & 15 on Mayne Island:

A wild romp in the river of voice and self-expression

*Sound Journeys*

Mar 17 to April 7 & April 14 to May 5 in Vancouver:

An experiential series investigating the mysterious worlds of sound and the body

for details: <http://www.laurelmurphy.com/projects.html>

Submitted by Shivon

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ENTERING MUSIC:  
*FIVE GATES TO THE GARDEN*

All music, from all cultures and epochs, can be said to be made up of five elements. In this course, we will look at those elements and walk through those five entrances into the musical garden where we will hear music more deeply, and more joyfully. We will cultivate a musical intelligence that will allow us to be more aware of the structures that make the music we love come alive for each of us. 6 – 2 hr evening bi-weekly evening sessions beginning Wednesday, March 11/09.

More info here: <http://www.royalroads.ca/continuing-studies/TAPA1707-Y08.htm>

Submitted by: Denis Donnelly

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FROM HEART TO HANDS:  
COMING HOME THROUGH THE ARTS (early bird Mar 18)

A One-Day Retreat

Using the ancient wisdom of word, image and imagination we rediscover our heart's natural creativity and healing gifts.

The arts help us to make meaning of our lives. They convey our innermost feelings, give voice to our spirits and assist us to transcend limiting beliefs.

Join us for a full day of creative expression - a day of Nurturing Yourself Home through Writing, Music, Meditation, Dance, Collage and Mandela Making.

Saturday, April 18 - 9:30 – 5 p.m.  
\$139.00 – Early Bird by March 18<sup>th</sup> - \$125.00

Includes welcoming snacks and full vegetarian lunch  
Sleeping Dog Farm

Facilitators Patricia Rose – GHC Soprano &  
June Swadron – former GHC Alto

Call to Register:

Patricia – 250- 727–2554 [prose7@shaw.ca](mailto:prose7@shaw.ca) OR  
June – 250 -385-2205 [juneswadron@shaw.ca](mailto:juneswadron@shaw.ca) [www.juneswadron.com](http://www.juneswadron.com)

Submitted by June Swadron former GHC Alto

## JUST FOR FUN

A reward of laughter for reading this far

THE BLACK HOLE

An email forward received from Irene Harris of Paris (1st Wife)

<http://www.gettinhigherchoir.ca/community-info/video/blackhole.wmv>

Submitted by Bill Hanson GHC Bass etc.

===== THAT'S ALL FOLKS =====

**M**aking  
**U**niversal  
**S**ounds  
**I**n  
**C**ommunity

A Community Choir Crescendo, check it out!  
[http://www.ubuntuchoirs.net/locator\\_coastal\\_BC.php](http://www.ubuntuchoirs.net/locator_coastal_BC.php)

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